



**City of Tempe, Parks & Recreation
SMALL BALL YOUTH HOOPS
LESSON/PRACTICE SCHEDULE**

The following outline is provided for instructors/coaches/parents with emphasis placed on learning basketball and having fun. This program will involve participants in the K-4th grades in the City of Tempe's Summer Hoops Program.

Week 1 – June 2nd to 5th - Introductions & hand out uniforms, Stretching & warm-up:

(1)New Skill of the week: Ball Handling dribbling – Skill & drill emphasis: eyes up – “see the court”, protect the ball - “arm bar”, alternate hands, right & left hand dribble, relay races dribble tag, dribble-pivot-dribble.

(2)New Skill of the week: Passing Skill & drill emphasis: chest pass, aim for the head, fingers up, thumbs down, step to the ball, bounce pass, bounce about $\frac{3}{4}$ of way to teammate, remember to step toward the person your passing to. Step to meet the ball.

Week 2 – June 9th to 12th Stretching & warm-up

Review: Ball handling / Dribbling

Skill & drill emphasis: positioning & stance, shuffling your feet, head-up, hands in proper positioning – no reaching, stay between your man & the basketball, defending the “ball” with out leaving your man.

(2)New Skill of the week: Shooting – lay-up Skill & drill emphasis: Right side – steps right, left, shot, with string between shooters elbow and knee, jump-stop lay-up, always use backboard and jump toward backboard. Jump shot – hand positioning on ball, ball location in hands starting position, follow-through, shoot don't push. Bump game.

Week 3 – June 16th to 22nd Stretching & warm-up

Review: Ball handling / Dribbling; Passing; Rebounding; Defense

New Skill of the week: Rebounding Skill & drill emphasis: watch flight of ball, keep hands up, spread legs & feet for good balance, toss ball against backboard have rebounder “JUMP” and “REBOUND”, look for the outlet. Then we play the “Keep Away Game”- Instructors will sit a ball in the middle of the circle with a group of two kids. Both are facing the ball in single file outside the circle. The kid behind the defender will have 30 seconds to try and get the ball while the other tries to keep the ball safe by boxing out his/her partner.

Week 4 – June 23rd to 26th Stretching & warm-up - **LAST WEEK!!!**

Review: Ball handling / Dribbling; Passing; Shooting; Rebounding; Defense

THANKS FOR A GREAT SEASON!!!!!!